

Print Materials Inventory

A Collection of Educational Materials across DPH



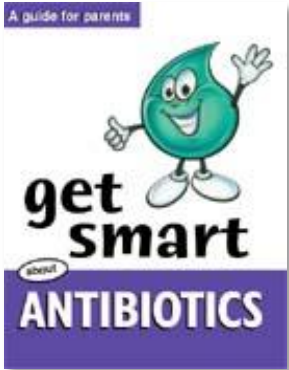
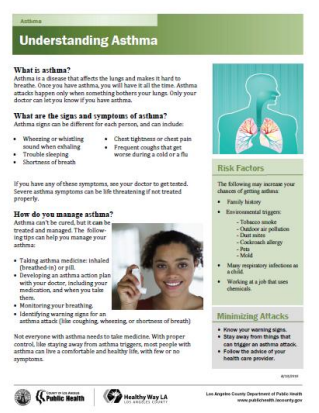
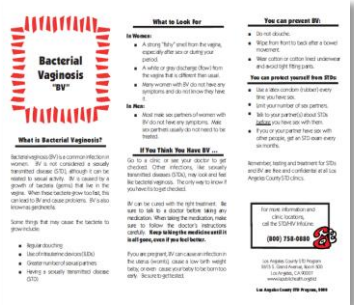
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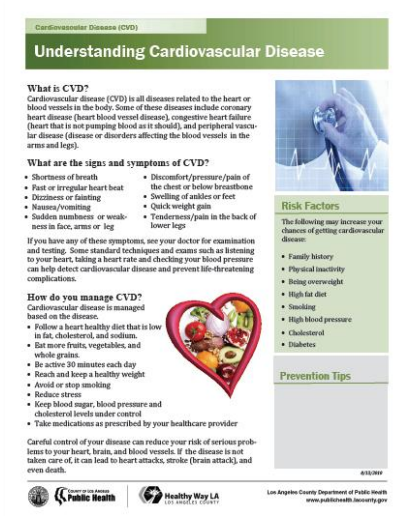
The following is a collection of health education print materials created by programs within LA County's Department of Public Health. The Print Materials Inventory is updated on an annual basis. For questions about adding or deleting materials from the inventory, please contact Susan Srabian at ssrabian@ph.lacounty.gov. For questions about a specific material, please contact the responsible program.


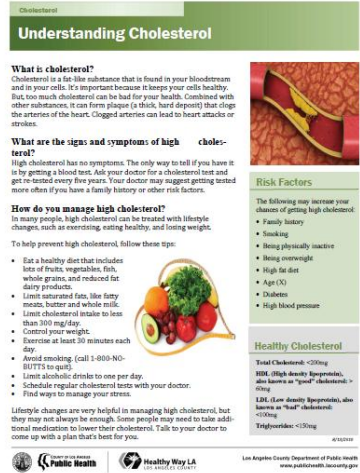
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Topic	Image	Details	Languages	How to Access Material
Antibiotics		<ul style="list-style-type: none"> Brochure 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Asthma		<ul style="list-style-type: none"> Flyer Understanding Asthma 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Bacterial Vaginosis		<ul style="list-style-type: none"> Brochure 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov

Topic	Image	Details	Languages	How to Access Material
Birth Control		<ul style="list-style-type: none">BrochureBirth Control: It's Your Choice	English Spanish	<p>Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov</p>
Breastfeeding Promotion		<ul style="list-style-type: none">BrochureWomen, Work and Breastfeeding	English Spanish	<p>Contact Program: Maternal, Child and Adolescent Health Program Eleanor Long elong@ph.lacounty.gov</p>
Cardiovascular Disease (CVD)		<ul style="list-style-type: none">FlyerUnderstanding Cardiovascular Disease	English Spanish	<p>Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov</p>

Topic	Image	Details	Languages	How to Access Material
Chlamydia		<ul style="list-style-type: none"> Info card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Cholesterol		<ul style="list-style-type: none"> Flyer Understanding Cholesterol 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov

Topic

Image

Details

Languages

How to Access Material

Cholesterol

A detailed infographic titled "Nutrition Facts Cholesterol" from the County of Los Angeles Public Health Nutrition Program. It explains the importance of cholesterol, the difference between LDL (bad) and HDL (good) cholesterol, and provides a table of cholesterol levels. It also includes helpful tips for managing cholesterol, such as using cooking methods that require little oil, choosing vegetables with herbs and spices, and limiting saturated fats and trans fats. The infographic is designed to look like a standard nutrition facts label.

- Brochure
- Managing cholesterol

English
Spanish

Download from website:
Nutrition Program
<http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm>

Chronic Diseases

A detailed infographic titled "Cholesterol" from the County of Los Angeles Public Health. It explains the importance of cholesterol, the difference between LDL (bad) and HDL (good) cholesterol, and provides a table of cholesterol levels. It also includes helpful tips for managing cholesterol, such as using cooking methods that require little oil, choosing vegetables with herbs and spices, and limiting saturated fats and trans fats. The infographic is designed to look like a standard nutrition facts label.

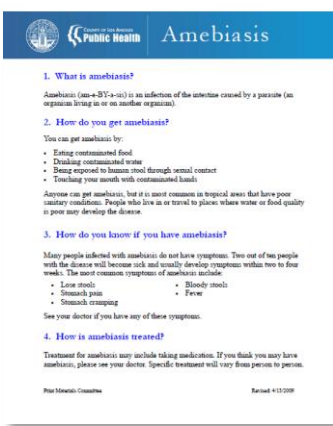

- Frequently Asked Questions



Topics

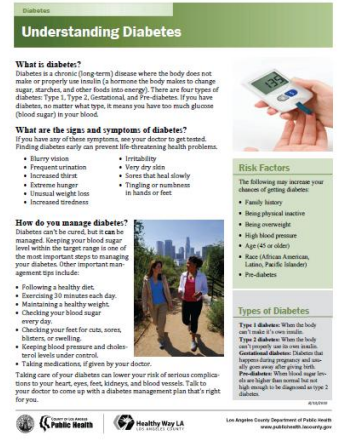

- Cholesterol
- Diabetes
- How to stop smoking
- Physical activity

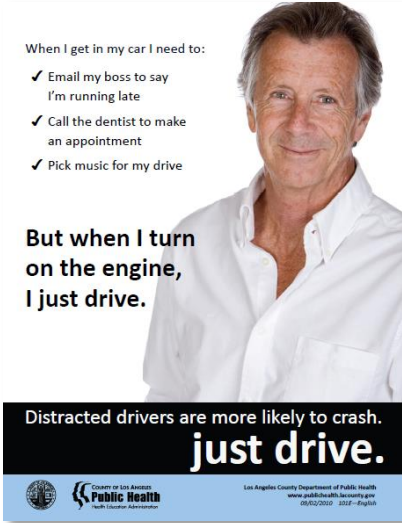
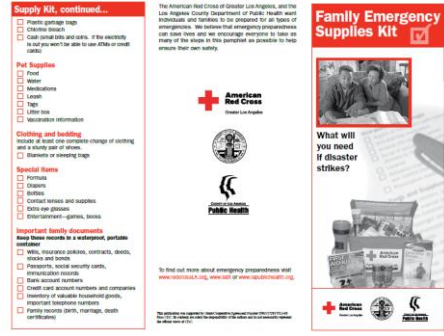
English
Spanish

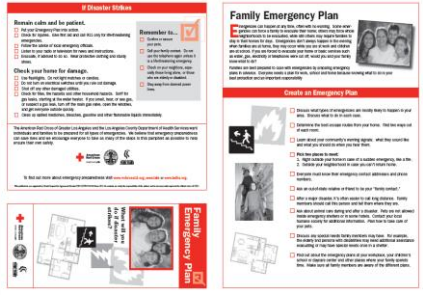
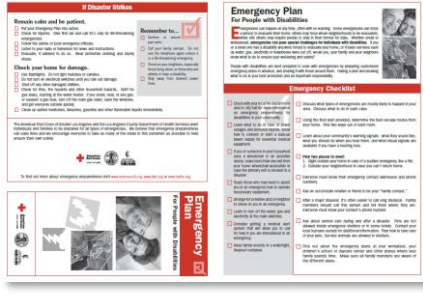
Download from website:
Public Health Nursing
<http://www.publichealth.lacounty.gov/phn/>

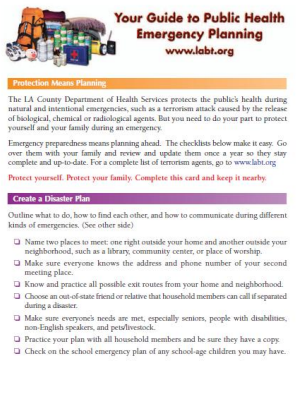

Topic	Image	Details	Languages	How to Access Material
Communicable Diseases		<ul style="list-style-type: none"> Frequently Asked Questions <p><u>Topics</u></p> <ul style="list-style-type: none"> Amebiasis Campylobacteriosis Chicken pox Cryptosporidiosis Cystercercosis Giardiasis Head lice Hepatitis Legionellosis Leprosy Listeriosis Malaria Measles Meningitis Salmonellosis Scabies Shigellosis Tuberculosis (TB) Typhoid fever West Nile virus Whooping cough 	English Spanish	<p>Download from website: Public Health Nursing http://www.publichealth.lacounty.gov/phn/</p>
Coughing		<ul style="list-style-type: none"> Sign Health Alert: Coughing Spreads Germs 	English Spanish Chinese	<p>Contact program: Immunization Program Gary Fujimoto 213-351-7491</p>

Topic	Image	Details	Languages	How to Access Material
Coughing		<ul style="list-style-type: none"> Table Tent 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Coughing		<ul style="list-style-type: none"> Poster 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491


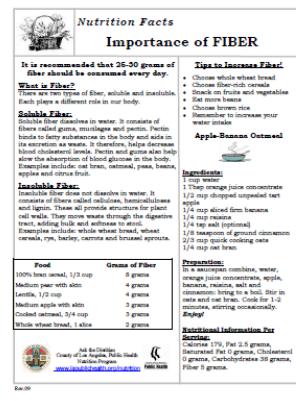
Topic	Image	Details	Languages	How to Access Material
Diabetes		<ul style="list-style-type: none"> Flyer Understanding Diabetes 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Distracted Driving		<ul style="list-style-type: none"> Posters 3 versions available 	English	Download from website: Injury and Violence Prevention Program http://www.publichealth.lacounty.gov/ivpp/JustDrive/home.htm



Topic	Image	Details	Languages	How to Access Material
Distracted Driving		<ul style="list-style-type: none"> Flyers Available for general public, parents, and youth 	English	<p>Download from website: Injury and Violence Prevention Program http://www.publichealth.lacounty.gov/ivpp/JustDrive/home.htm</p>
Emergency Preparedness		<ul style="list-style-type: none"> Brochure Family Emergency Supplies Kit 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	<p>Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm</p>

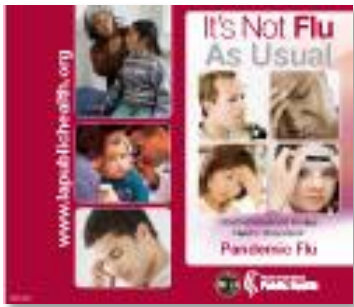
Topic	Image	Details	Languages	How to Access Material
Emergency Preparedness		<ul style="list-style-type: none"> • Brochure • Family Emergency Plan 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm
Emergency Preparedness		<ul style="list-style-type: none"> • Brochure • Emergency Plan for people with Disabilities 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Thai Vietnamese	Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm

Topic	Image	Details	Languages	How to Access Material
Emergency Preparedness	 <p>Your Guide to Public Health Emergency Planning www.laht.org</p> <p>Protection Means Planning</p> <p>The LA County Department of Health Services protects the public's health during natural and intentional emergencies, such as a terrorist attack caused by the release of biological, chemical or radiological agents. But you need to do your part to protect yourself and your family during an emergency.</p> <p>Emergency preparedness means planning ahead. The checklists below make it easy. Go over them with your family and review and update them once a year so they stay complete and up-to-date. For a complete list of terrorist agents, go to www.laht.org.</p> <p>Protect yourself. Protect your family. Complete this card and keep it nearby.</p> <p>Create a Disaster Plan</p> <p>Outline what to do, how to find each other, and how to communicate during different kinds of emergencies. (See other side)</p> <ul style="list-style-type: none"> ❑ Name two places to meet: one right outside your home and another outside your neighborhood, such as a library, community center, or place of worship. ❑ Make sure everyone knows the address and phone number of your second meeting place. ❑ Know and practice all possible exit routes from your home and neighborhood. ❑ Choose an out-of-state friend or relative that household members can call if separated during a disaster. ❑ Make sure everyone's needs are met, especially seniors, people with disabilities, non-English speakers, and pet/livestock. ❑ Practice your plan with all household members and be sure they have a copy. ❑ Check on the school emergency plan of any school-age children you may have. 	<ul style="list-style-type: none"> • Booklet • Your Guide to Public Health Emergency Planning 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/media/getabrochure.htm
Emergency Preparedness	 <p>10 Essential Items:</p> <ol style="list-style-type: none"> 1. Water 2. Food 3. Cash & Important Documents 4. Clothes 5. Flashlight 6. First Aid Kit 7. Medicine 8. Radio 9. Toiletries 10. Tools 	<ul style="list-style-type: none"> • Bookmark • Emergency Supply Kit 	Arabic Armenian Chinese English Farsi Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/media/ten_essentials.htm

Topic	Image	Details	Languages	How to Access Material
Emergency Preparedness		<ul style="list-style-type: none"> Children's book on Emergency Preparedness 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Thai Vietnamese	Download from website: Emergency Preparedness and Response Program http://www.publichealth.lacounty.gov/eprp/lingual.htm
Enterovirus		<ul style="list-style-type: none"> Brochure If You Are Pregnant... 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Environmental Health		<ul style="list-style-type: none"> Frequently Asked Questions 	Topics Asbestos Carbon monoxide Community Environments Flame retardants Formaldehyde Lead Mercury Safe food handling Secondhand smoke	



Topic	Image	Details	Languages	How to Access Material
Facility Checklist		<ul style="list-style-type: none">Checklist for Homeless Shelters	English	<p>Download from website:</p> <p>Acute Communicable Disease Control Program</p> <p>http://www.publichealth.lacounty.gov/acd/HealthEd.htm</p>
Fiber		<ul style="list-style-type: none">FlyerImportance of fiber	English Spanish	<p>Download from website:</p> <p>Nutrition Program</p> <p>http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm</p>


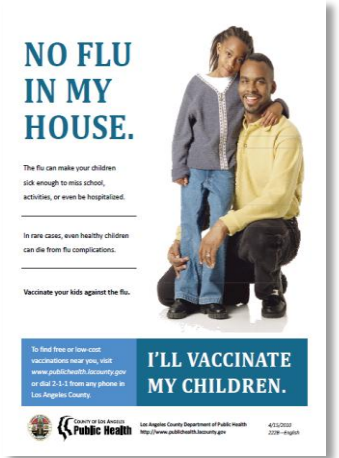
Topic	Image	Details	Languages	How to Access Material
Food Safety		<ul style="list-style-type: none"> Booklet 	English	Download from website: Environmental Health http://publichealth.lacounty.gov/eh/docs/booklet.pdf
Food Safety		<ul style="list-style-type: none"> Brochure Safe handling of Fresh Fruits and Vegetables 	English	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/docs/FightBac.pdf
Flu		<ul style="list-style-type: none"> Bookmark Flu prevention tips 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm










Topic	Image	Details	Languages	How to Access Material
Flu		<ul style="list-style-type: none"> Cold or Flu thermometer Wallet-sized 	English Spanish Tagalog Farsi	Contact program: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdH1N1.htm
Flu		<ul style="list-style-type: none"> Brochure Pandemic Flu For business community 	Armenian Chinese English Korean Russian Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Flu		<ul style="list-style-type: none"> Brochure Pandemic Flu For community and faith based organizations 	Armenian Chinese English Korean Russian Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Flu		<ul style="list-style-type: none"> Brochure Pandemic Flu For individuals and families 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm

Topic	Image	Details	Languages	How to Access Material
Flu		<ul style="list-style-type: none"> • Brochure • Pandemic Flu • For medical community 	English	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Flu	NO IMAGE AVAILABLE	<ul style="list-style-type: none"> • Brochure • Pandemic flu • Protect yourself from flu and pandemic flu 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu		<ul style="list-style-type: none"> • Sticker • No flu • Flu fighter 	English	Contact program: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdH1N1.htm
Flu		<ul style="list-style-type: none"> • Activity Book • Flu prevention for kids 	English Spanish	Contact program: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEdH1N1.htm



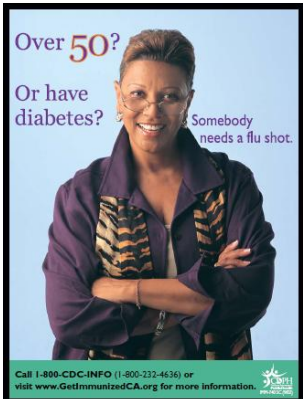
Topic	Image	Details	Languages	How to Access Material
Flu	 <p>Scare Away the Flu</p> <p>Follow these simple steps to help prevent the flu this Halloween!</p> <ul style="list-style-type: none"> • To the Trick-or-treat, and sneeze into your sleeve. • Avoid masks that make kids more likely to touch their eyes, nose, or mouth. • Wash your hands before eating candy. • If you're sick, don't hand out candy. Instead, leave it on the doorstep. <p>If you or your child are sick, don't go out trick-or-treating. Instead, stay home and watch a scary movie.</p> <p>Remember, you can also keep your children strong against the flu by:</p> <ul style="list-style-type: none"> • Getting vaccinated against seasonal flu • Getting healthy food • Exercising regularly • Getting enough rest • Washing hands with soap and warm water • Staying home until 24 hours after fever ends • Asking healthcare provider about seasonal flu shot <p>Los Angeles County Department of Public Health Website: http://www.publichealth.lacounty.gov LA County Info Line: (800) 5-4-5-1</p>	<ul style="list-style-type: none"> • Flyer • Halloween theme 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Flu	 <p>Keep Our Schools Healthy! Sick Children Cannot Learn and Should Stay at Home.</p> <p>Coughing</p> <p>Fever/Chills</p> <p>Stuffy Nose</p> <p>Tiredness/Aches</p> <ul style="list-style-type: none"> • If your child has these symptoms, keep him or her at home. Provide lots of fluids and plenty of rest. • Some medicines can help your child feel better, but he or she can still spread germs! • After your child is better, wait 24 hours before sending him or her back to school. <p>Los Angeles County Department of Public Health www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> • Flyer • Keep Our Schools Healthy 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov

Topic	Image	Details	Languages	How to Access Material
Flu Vaccine		<ul style="list-style-type: none"> Flyer Holiday theme 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Flu Vaccine		<ul style="list-style-type: none"> Flyer New Year theme 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov




Topic	Image	Details	Languages	How to Access Material
Flu Vaccine		<ul style="list-style-type: none"> Static Cling Flyer Targeting parents to get their children vaccinated 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting general public 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm



Topic	Image	Details	Languages	How to Access Material
Flu Vaccine	 <p>Groups at high risk of getting, spreading, and suffering complications from the flu include pregnant women. Getting vaccinated is the best way to protect you and your baby against the flu. Pregnant women should get the nasal-spray flu vaccine.</p> <p>The flu shot has been given to millions of pregnant women over many years. Flu shots do not cause harm to pregnant women or their babies.</p> <p>Women who get their flu shot can protect their unborn baby or infant by passing along immunity during pregnancy or while breastfeeding. Your baby relies on you for protection. Choose to get vaccinated against the flu.</p> <p>To learn more, visit www.publichealth.lacounty.gov. If you don't have a regular health care provider, call 2-2-2 from any phone in L.A. County to find free or low-cost vaccinations near you.</p> <p>   Los Angeles County Department of Public Health http://www.publichealth.lacounty.gov </p>	<ul style="list-style-type: none"> Flyer Targeting pregnant women 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu Vaccine	 <p>People ages 65 or older are at higher risk of going to the hospital or dying from the flu. That's because older age and chronic diseases, like diabetes or asthma, make immune systems weak. A weak immune system can't always fight off germs or stop diseases from getting worse. That's why flu can cause pneumonia in many older adults.</p> <p>Flu vaccines are the best protection against the flu. They keep you from getting sick and from spreading disease at home and in your community. Flu vaccines are always tested and monitored to make sure they are safe.</p> <p>Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-2-2 from any phone in Los Angeles County.</p> <p>   Los Angeles County Department of Public Health www.publichealth.lacounty.gov </p>	<ul style="list-style-type: none"> Flyer Targeting seniors 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu Vaccine	 <p>There are lots of things in life we can't control. But we have the power to protect ourselves and our communities from the flu, a serious disease that can result in hospitalization and even death.</p> <p>Let's keep the flu out of our homes, schools, and churches. Choose to get vaccinated.</p> <p>To learn more, visit www.publichealth.lacounty.gov. If you don't have a regular health care provider, call 2-2-2 toll-free from any phone in L.A. County to find free or low-cost vaccinations near you.</p> <p>   Los Angeles County Department of Public Health http://www.publichealth.lacounty.gov </p>	<ul style="list-style-type: none"> Poster Targeting community 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm


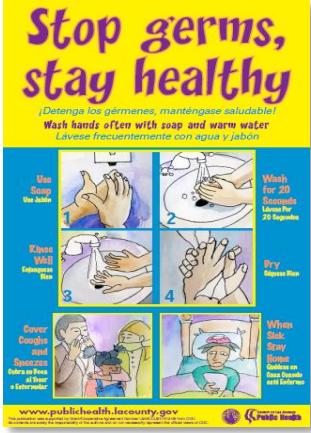
Topic	Image	Details	Languages	How to Access Material
Flu Vaccine	<p>Children ages 5 or younger are at higher risk of going to the hospital because of the flu. Their immune systems are still developing and can't always fight off germs or stop diseases from getting worse. That's why flu can cause pneumonia in many young children.</p> <p>Flu vaccines are the best protection against the flu. That's because they keep you and your family from getting sick and from spreading the flu at home, school, day care, or work. Flu vaccines are always tested and monitored to make sure they are safe.</p> <p>Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.</p> <p>Los Angeles County Department of Public Health www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> Flyer Targeting parents 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu Vaccine	<p>People with chronic medical conditions, like diabetes, are at higher risk of going to the hospital or dying from the flu. That's because diabetics have weaker immune systems that can't always fight off germs or stop diseases from getting worse. African Americans and Latinos have higher rates of diabetes than other ethnic groups. That puts people in African American and Latino communities at greater risk for developing medical problems, like pneumonia, when they get the flu.</p> <p>Flu vaccines are the best protection against the flu. They keep you and your family from getting sick and from spreading the flu at home or in your community. Flu vaccines are always tested and monitored to make sure they are safe.</p> <p>Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.</p> <p>Los Angeles County Department of Public Health www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> Flyer Targeting adults with diabetes 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu Vaccine	<p>People with chronic medical conditions, like asthma, are at higher risk of going to the hospital or dying from the flu. That's because asthma affects a person's breathing. The flu can make it even harder for people with asthma to breathe because it affects their nose, throat, and lungs. African Americans and Latinos have higher rates of asthma than other ethnic groups. That puts people in African American and Latino communities at greater risk for developing medical problems, like pneumonia, when they get the flu.</p> <p>Flu vaccines are the best protection against the flu. That's because they keep you and your family from getting sick and from spreading disease at home or in your community. Flu vaccines are always tested and monitored to make sure they are safe.</p> <p>Find free or low-cost flu vaccinations near you. Visit www.publichealth.lacounty.gov or dial 2-1-1 from any phone in Los Angeles County.</p> <p>Los Angeles County Department of Public Health www.publichealth.lacounty.gov</p>	<ul style="list-style-type: none"> Flyer Targeting families 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm



Topic	Image	Details	Languages	How to Access Material
Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting pregnant women 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/HealthEdFlu.htm
Flu Vaccine		<ul style="list-style-type: none"> Tri-fold brochure Staying Healthy and Preventing Flu in your Community 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Flu Vaccine		<ul style="list-style-type: none"> Static Cling Flyer Targeting older adults 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491

Topic	Image	Details	Languages	How to Access Material
Flu Vaccine		<ul style="list-style-type: none"> • Poster • For general public 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu Vaccine		<ul style="list-style-type: none"> • Poster • It's Not Too Late to Vaccinate • Targeting general public for late seasonal flu vaccination 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu Vaccine		<ul style="list-style-type: none"> • Flyer • Targeting pregnant women 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491

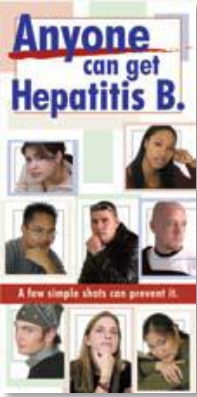

Topic	Image	Details	Languages	How to Access Material
Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting pregnant women, people living with babies, and anyone who takes care of babies 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu Vaccine		<ul style="list-style-type: none"> Static Cling Flyer Latina 50+ Flu Campaign 	Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Flu Vaccine		<ul style="list-style-type: none"> Flyer Targeting healthcare workers 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491


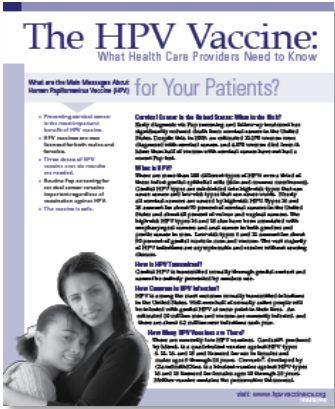
Topic	Image	Details	Languages	How to Access Material
Flu and Whooping Cough		<ul style="list-style-type: none"> Flyer Targeting child care providers 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Genital Warts (HPV)		<ul style="list-style-type: none"> Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov

Topic	Image	Details	Languages	How to Access Material
Gonorrhea		<ul style="list-style-type: none"> Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Hand Washing		<ul style="list-style-type: none"> Poster 	Arabic Armenian Chinese English Farsi Khmer Korean Russian Vietnamese Spanish Tagalog Thai	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm

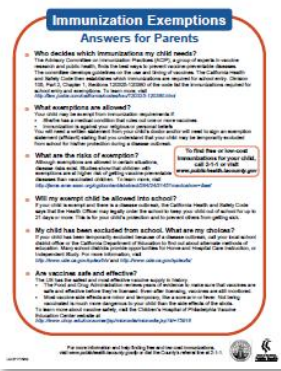


Topic	Image	Details	Languages	How to Access Material
Hand Washing		<ul style="list-style-type: none"> Stickers 	English	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Hand Washing		<ul style="list-style-type: none"> Cling-on and Poster 	<u>Cling-on</u> English Spanish <u>Poster</u> Arabic Armenian Chinese English Farsi Khmer Korean Russian Spanish Tagalog Thai Vietnamese	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm




Topic	Image	Details	Languages	How to Access Material
Hand Washing	 A poster titled "Wash Your Hands" with a blue background. It shows two hands being washed with soap suds. Below the illustration, it says "Protect yourself. Prevent disease." and lists translations for "Wash your hands" in Vietnamese, Hmong, and Korean. At the bottom, it says "Wash your hands often. Wash your hands one to five seconds."	<ul style="list-style-type: none"> Cling-on 	Chinese English Japanese Korean Spanish Tagalog Vietnamese	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Hand Washing	 A poster titled "Germ-Free Zone" with a green border. It features three circular illustrations: a person coughing into their elbow, a person washing their hands, and a person using a tissue. Below each illustration are instructions: "Don't spread germs. No sneezing or coughing.", "Cover your cough. Tissues is best at home.", and "Wash your hands often. Leave the water on for 20 seconds." At the bottom, it says "Zone 100% Germ-Free."	<ul style="list-style-type: none"> Cling-on Focuses on importance of covering coughs and washing hands 	Asian Languages English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Healthy Weight Promotion	 A flyer titled "Healthy Weight Promotion" with a green and yellow background. It features a circular diagram showing the "Use Your Plate To Eat Right" with sections for fruits, vegetables, grains, and protein. Below the diagram, it lists "Steps to a Healthy Life!" and "Act Healthy! Live Healthier!" with a list of tips. At the bottom, it says "Still Today. One Step at a Time." and "Los Angeles County Public Health Department." The flyer also includes a phone number and a website.	<ul style="list-style-type: none"> Flyer Steps to a healthy life 	English Spanish	Contact Program: Maternal, Child and Adolescent Health Program Eleanor Long Elong@ph.lacounty.gov





Topic	Image	Details	Languages	How to Access Material
Hepatitis B		<ul style="list-style-type: none"> Pamphlet 	Chinese English Spanish Vietnamese	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Herpes		<ul style="list-style-type: none"> Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov

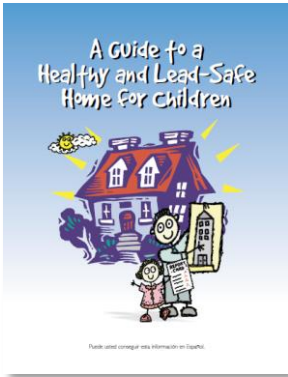


Topic	Image	Details	Languages	How to Access Material
HIV	 <p>HIV and AIDS</p> <p>WHAT IS IT? HIV is the virus that causes AIDS. You can have HIV in your body for many years and not feel any worse. HIV makes it harder for your body to fight off diseases. It is passed through blood, semen (sperm), vaginal fluids and breast milk.</p> <p>HOW DO YOU GET IT? You can get HIV from having sex (vaginal, anal or oral) with someone who has HIV. You can also get it by sharing needles for drugs or tattoos with someone who has HIV. If you are pregnant, you can pass the virus to your baby while in the womb, during birth, or when you are breastfeeding.</p> <p>You can NOT get HIV through the air, or by shaking hands or hugging a person who has HIV. You cannot get HIV from saliva, tears, sweat, or from sharing food or drink.</p> <p>WHAT TO LOOK FOR You might feel nothing if someone has HIV. Most people with HIV look healthy and feel fine. They often don't know they have it. Nothing will tell you HIV is serious also.</p> <p>Later signs of HIV/AIDS may look like flu, some other disease. You may lose weight, lose weight, have a cough, diarrhea, or fevers. You may get other diseases that your body can no longer fight off.</p> <p>HOW TO FIND OUT IF YOU HAVE IT Get a blood test. Doctors do this at blood or oral test for HIV. Call the number below to find a test near you.</p> <p>There is still no cure for HIV and AIDS. But it is better to find out early if you have it. There are now medicines and other ways to help you stay healthy for a longer time.</p> <p>PROTECT YOURSELF! If you have sex, using a latex condom (rubber) in the back may be better, protect from HIV. Use your condom for the whole time. You have to use your condom and make the condom stay on. If you do, you can stay healthy for a longer time.</p> <p>For more information and clinic locations Call the toll-free hotline (800) 752-0880 www.hivinfo.org</p>	<ul style="list-style-type: none"> Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Human Papilloma Virus (HPV)	 <p>The HPV Vaccine: What Health Care Providers Need to Know</p> <p>What are the Main Messages About Human Papillomavirus Vaccine (HPV) for Your Patients?</p> <ul style="list-style-type: none"> • HPV is the most common sexually transmitted infection (STI) in the United States. • HPV causes most cases of cervical cancer and some cases of anal cancer. • There are two types of HPV vaccines: Cervarix and Gardasil. • Cervarix is a bivalent vaccine that protects against HPV types 16 and 18, which cause about 70% of cervical cancer. • Gardasil is a quadrivalent vaccine that protects against HPV types 16, 18, 6, and 11, which cause about 90% of cervical cancer and 90% of genital warts. • Both vaccines are safe and effective. • HPV is most common in young people, so it is important to get vaccinated before becoming sexually active. • HPV is not a curable infection, but it can be prevented. • HPV is not a sexually transmitted infection (STI) if you are not sexually active. • HPV is not a sexually transmitted infection (STI) if you are not sexually active. 	<ul style="list-style-type: none"> Flyer What health care providers need to know 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491

Topic	Image	Details	Languages	How to Access Material
Hypertension (High Blood Pressure)	 <p>A brochure titled "Understanding High Blood Pressure" from the Los Angeles County Department of Public Health. It explains what blood pressure is, signs and symptoms, risk factors, and how to manage it. It includes a small image of a blood pressure cuff and a person's arm.</p>	<ul style="list-style-type: none"> Flyer Understanding High Blood Pressure 	English Spanish	Contact program: Health Education Administration Susan Srabian, MPH ssrabian@ph.lacounty.gov
Immunization	 <p>Two brochures related to immunization. The left one is titled "Immunizations" and features a photo of a woman and child. The right one is titled "Childhood Immunization Checklist" and features a photo of a man and child. Both are from the Los Angeles County Department of Public Health.</p>	<ul style="list-style-type: none"> Brochure A childhood immunization checklist 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Immunization	 <p>A handbook titled "CALIFORNIA IMMUNIZATION HANDBOOK" for schools and child care programs. It is the 7th edition, published in July 2003. The cover features the title in large letters and some smaller text at the bottom.</p>	<ul style="list-style-type: none"> Booklet California Immunization Handbook for Schools and Childcare Programs 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491

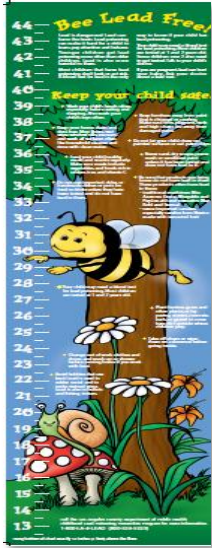
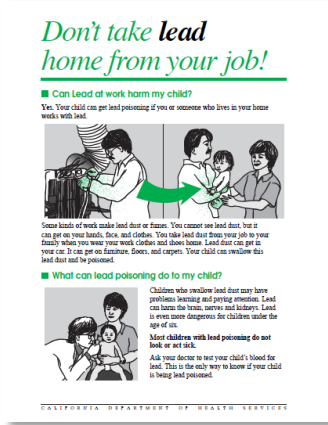
Topic	Image	Details	Languages	How to Access Material
Immunization		<ul style="list-style-type: none"> Flyer School immunization exemptions 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Immunization		<ul style="list-style-type: none"> Pamphlet Vaccine safety: 10 facts for parents 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Immunization		<ul style="list-style-type: none"> Sign How to comfort your child after shots 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491

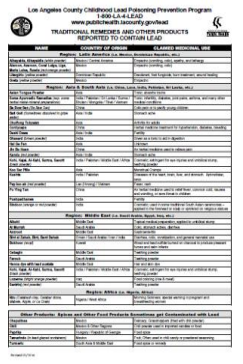

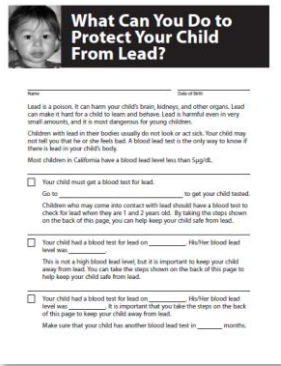
Topic	Image	Details	Languages	How to Access Material
Immunization		<ul style="list-style-type: none"> Pamphlet Get your shots at your preteen doctor visit 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Immunization		<ul style="list-style-type: none"> Pamphlet Immunizations for a healthy pregnancy 	English Spanish	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Lead		<ul style="list-style-type: none"> Poster 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD



Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> • Brochure • Contractors responsibility to use lead safe work practices 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Attention%20Brochure%20English.pdf
Lead		<ul style="list-style-type: none"> • Brochure • Make your home lead safe and healthy for your child 	Armenia Chinese English Korean Spanish Russian Vietnamese	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/House%20Brochure%20Eng%2002.08.pdf
Lead		<ul style="list-style-type: none"> • Brochure • Learn about lead poisoning – protect your children 	Chinese English Hmong Spanish Vietnamese	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Learn%20About%20Lead%20005.pdf
Lead		<ul style="list-style-type: none"> • Brochure • Simple steps to protect your child from lead 	Chinese English Lao Spanish Vietnamese	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD


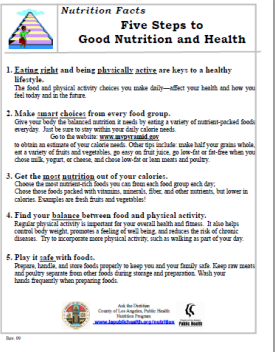
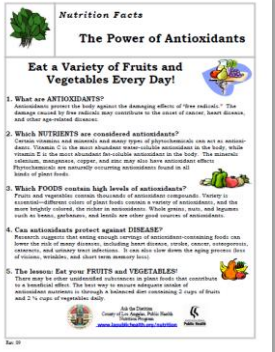
Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> • Guidebook • A guide to a healthy and lead-safe home for children 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/leadbroc.pdf
Lead		<ul style="list-style-type: none"> • Booklet • Renovate right: important lead hazard information for families, child care providers and schools 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/EPA%20Renovate%20Right%20Booklet.pdf
Lead		<ul style="list-style-type: none"> • Brochure • Lead in house paint and dirt can hurt your child 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Paint%20and%20Dirt.pdf

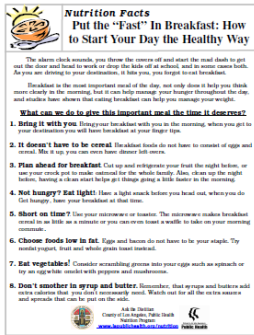

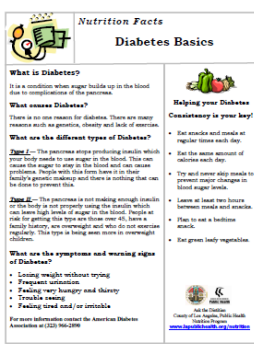
Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> • Brochure • Lead is a poison 	Thai	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> • Flyer • Do you cook with traditional pottery? It may contain lead 	English Spanish	Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/Pottery%20Flyer.pdf
Lead		<ul style="list-style-type: none"> • Card • Danger! Azarcon, Greta 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD

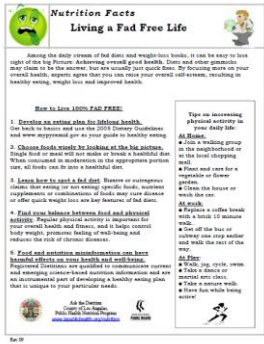
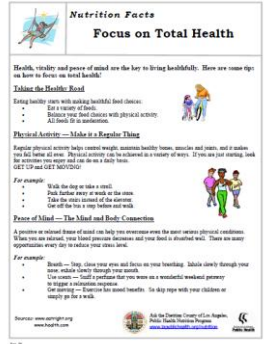
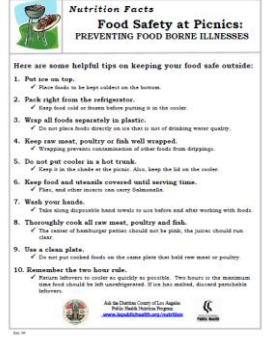
Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> Growth Chart Bee lead free 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead		<ul style="list-style-type: none"> Brochure Don't take lead home from your job 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD

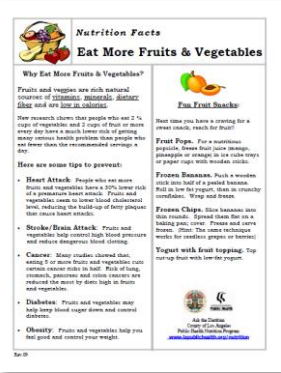


Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> Flyer Traditional remedies and other products reported to contain lead 	English	<p>Download from website: Childhood Lead Poisoning Prevention Program http://www.publichealth.lacounty.gov/lead/reports/HEU%20Flyers/Traditional%20Home%20Remedies%20List.pdf</p>
Lead		<ul style="list-style-type: none"> Flyer Sources of lead poisoning 	English Spanish	<p>Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>
Lead		<ul style="list-style-type: none"> Flyer What can you do to protect your child from lead? For physicians and healthcare providers 	English Spanish	<p>Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD</p>



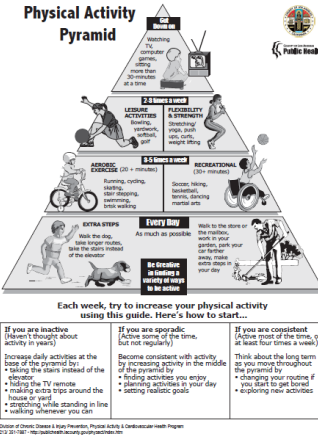
Topic	Image	Details	Languages	How to Access Material
Lead		<ul style="list-style-type: none"> Flyer Candies found to contain lead 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead	IMAGE NOT AVAILABLE	<ul style="list-style-type: none"> Brochure Lead in pregnancy 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead	IMAGE NOT AVAILABLE	<ul style="list-style-type: none"> Brochure An overview of requirements for point of service blood lead testing devices in California 	English	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Lead	IMAGE NOT AVAILABLE	<ul style="list-style-type: none"> Brochure Lead safe work practices 	English Spanish	Contact program: Childhood Lead Poisoning Prevention Program 1-800 LA-4-LEAD
Listeriosis		<ul style="list-style-type: none"> Brochure Knowledge is power to protect those we love 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/Diseases/Lister_Per.htm

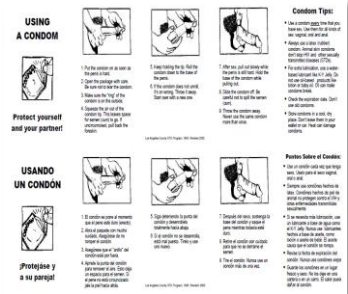

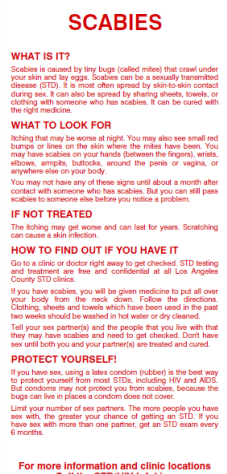
Topic	Image	Details	Languages	How to Access Material
Nutrition		<ul style="list-style-type: none"> • Brochure • Grains of Truth 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Steps to good nutrition 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Power of antioxidants 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm

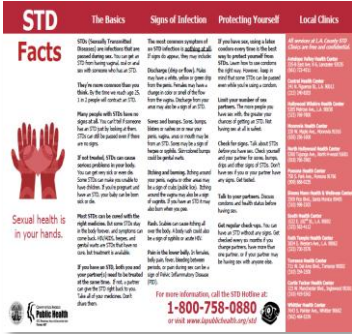


Topic	Image	Details	Languages	How to Access Material
Nutrition		<ul style="list-style-type: none"> • Brochure • Importance of breakfast 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Info cards • Produce pointers 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/Produce%20Pointers/ProducePointers-Index.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Diabetes basics 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm




Topic	Image	Details	Languages	How to Access Material
Nutrition		<ul style="list-style-type: none"> • Brochure • Living a fad free life 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Focus on total health 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Food safety at picnics 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm

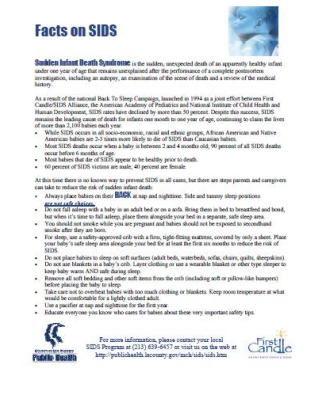
Topic	Image	Details	Languages	How to Access Material
Nutrition		<ul style="list-style-type: none"> • Brochure • Eat more fruits and vegetables 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Healthy holidays 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Heart healthy eating 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm



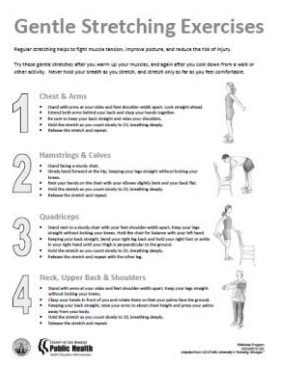
Topic	Image	Details	Languages	How to Access Material
Nutrition		<ul style="list-style-type: none"> • Brochure • Tips for healthy grilling 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Nutrition		<ul style="list-style-type: none"> • Brochure • Vegetarian options 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Physical Activity		<ul style="list-style-type: none"> • Flyer 	English	Download from website: Physical Activity and Cardiovascular Health Program http://publichealth.lacounty.gov/physact/

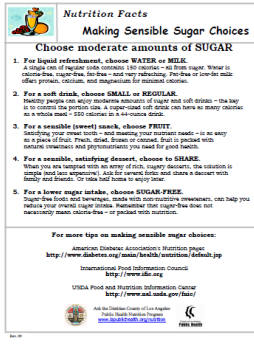

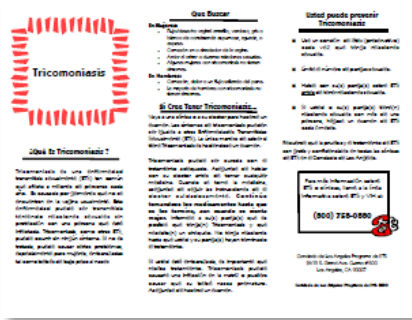
Topic	Image	Details	Languages	How to Access Material
Safer Sex	 <p>The image shows a bilingual brochure titled 'USING A CONDOM' and 'USANDO UN CONDON'. It includes step-by-step diagrams for both male and female condom use, along with a 'Condom Tips' section. The text is in both English and Spanish.</p>	<ul style="list-style-type: none"> • Brochure • Using a condom 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Salmonella	 <p>The image shows a brochure titled 'What Should You Do to Prevent Salmonella?'. It includes sections on 'Pet Reptiles' and 'Resources'. The text is in English and Spanish.</p>	<ul style="list-style-type: none"> • Brochure • Pet reptiles • Targeting parents and caregivers 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Scabies	 <p>The image shows an info card titled 'SCABIES'. It includes sections on 'WHAT IS IT?', 'WHAT TO LOOK FOR', 'IF NOT TREATED', 'HOW TO FIND OUT IF YOU HAVE IT', and 'PROTECT YOURSELF!'. The text is in English and Spanish.</p>	<ul style="list-style-type: none"> • Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov

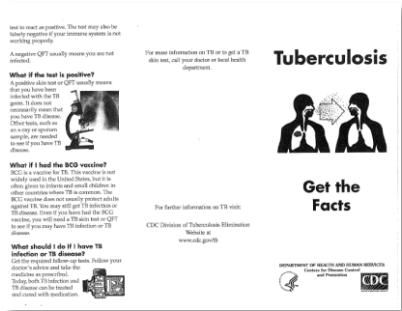
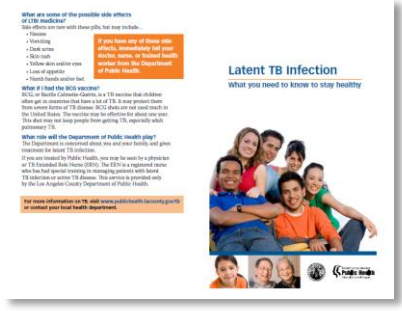
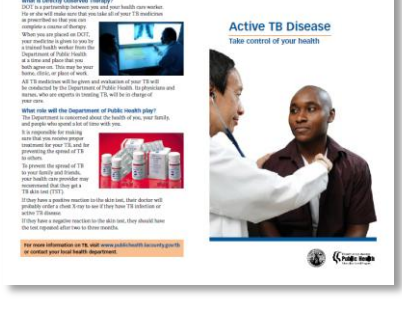
Topic	Image	Details	Languages	How to Access Material
Sexually Transmitted Diseases (STDs)	 <p>STD Facts</p> <p>The Basics, Signs of Infection, Protecting Yourself, Local Clinics</p> <p>Sexual health is in your hands.</p>	<ul style="list-style-type: none"> • Brochure • STD Facts: sexual health is in your hands 	<p>English</p> <p>Spanish</p>	<p>Contact Program:</p> <p>Sexually Transmitted Disease Program</p> <p>Sally Villanueva</p> <p>savillanueva@ph.lacounty.gov</p>
Sexually Transmitted Diseases (STDs)	 <p>got questions about STDs?</p> <p>call the 24-hour LA county STD hotline at: 1-800-758-0880</p> <p>all calls are free and anonymous</p> <p>get live help in english or spanish from 9:00 AM to 5:00 PM on weekdays</p> <p>get your STD questions answered</p> <p>get a referral to a free or low cost clinic</p> <p>get free condoms mailed discreetly to your home</p>	<ul style="list-style-type: none"> • Poster • Got Questions About STDs? 	<p>English</p>	<p>Contact Program:</p> <p>Sexually Transmitted Disease Program</p> <p>Sally Villanueva</p> <p>savillanueva@ph.lacounty.gov</p>
Sexually Transmitted Diseases (STDs)	 <p>The Blame Game</p> <p>you can't be sure</p> <p>sexual health</p> <p>get tested</p> <p>Here's Why:</p> <ul style="list-style-type: none"> • You or your partner may have been infected by somebody else—weeks, months, or years ago. • Many people do not know that they have an STD, because they never have symptoms. • A person with no symptoms can infect others. • Testing is different for each STD. • Tests are not available for all STDs. • All STDs are different, ask your doctor or nurse for more facts. <p>Many STDs show no symptoms</p> <p>The Bottom Line:</p> <p>It can be hard to know who gave who what.</p> <p>LA County Department of Health Services STD Program</p> <p>http://www.lacountyhealth.org/std</p> <p>FREE HOTLINE NUMBER: 1-800-758-0880</p>	<ul style="list-style-type: none"> • Handout 	<p>English</p>	<p>Contact Program:</p> <p>Sexually Transmitted Disease Program</p> <p>Sally Villanueva</p> <p>savillanueva@ph.lacounty.gov</p>

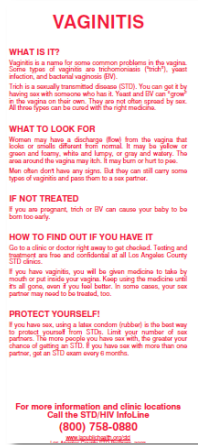
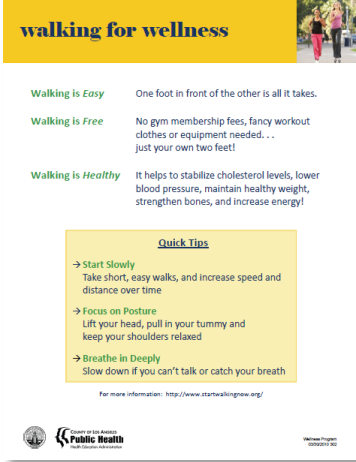
Topic	Image	Details	Languages	How to Access Material
Sexually Transmitted Diseases (STDs)		<ul style="list-style-type: none"> • Poster/Handout • It's a good idea to tell your partners about your STD infection 	English	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Sexually Transmitted Diseases (STDs)		<ul style="list-style-type: none"> • Poster/Handout • I told my partners about my STD because... 	English	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Sexually Transmitted Diseases (STDs)		<ul style="list-style-type: none"> • Handout • How to tell your partners about your STD 	English	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov


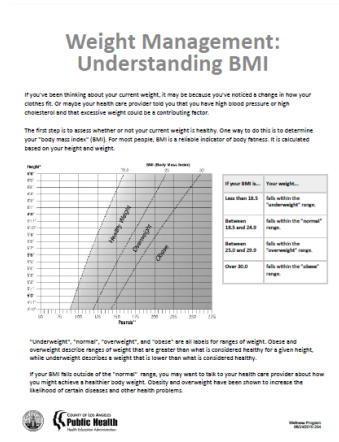
Topic	Image	Details	Languages	How to Access Material
Sexually Transmitted Diseases (STDs)		<ul style="list-style-type: none"> Handout STD Quick sheet 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Sudden Infant Death Syndrome (SIDS)		<ul style="list-style-type: none"> Tri-fold brochure Safe Sleep Tips for your baby 	English Spanish	Contact Program: Maternal Child and Adolescent Health Program Eleanor Long Elong@ph.lacounty.gov
Sudden Infant Death Syndrome (SIDS)		<ul style="list-style-type: none"> Facts 	English	Contact Program: Maternal Child and Adolescent Health Program Eleanor Long Elong@ph.lacounty.gov

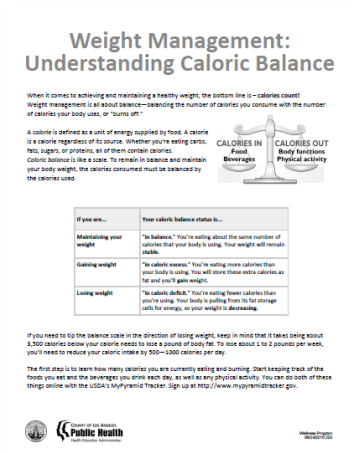
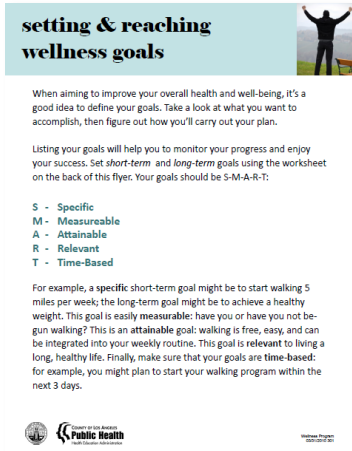
Topic	Image	Details	Languages	How to Access Material
Staph (MRSA)		<ul style="list-style-type: none"> • Brochure • What you need to know about staph • Antibiotic resistant staph skin infections 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/HealthEd.htm
Strength Training		<ul style="list-style-type: none"> • Flyer 	English	Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm
Stretching Exercises		<ul style="list-style-type: none"> • Flyer 	English	Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm



Topic	Image	Details	Languages	How to Access Material
Sugar		<ul style="list-style-type: none"> Flyer Making sensible sugar choices 	English Spanish	Download from website: Nutrition Program http://publichealth.lacounty.gov/nut/atd/NutritionEducationMaterials/nutfacts/NutritionFacts.htm
Syphilis		<ul style="list-style-type: none"> Info Card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Trichomoniasis		<ul style="list-style-type: none"> Brochure 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov

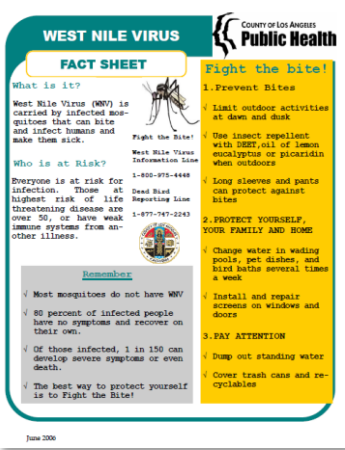

Topic	Image	Details	Languages	How to Access Material
Tuberculosis (TB)	 <p>This brochure provides essential information about Tuberculosis (TB). It explains the difference between latent TB and active TB, the importance of the BCG vaccine, and the steps to take if diagnosed with TB. It includes a diagram of the human respiratory system showing where TB can affect the lungs. The title 'Tuberculosis Get the Facts' is prominently displayed.</p>	<ul style="list-style-type: none"> • Brochure • General Information • TB – Get the Facts 	English Spanish Chinese Japanese Korean Russian Tagalog Vietnamese	Download from website: TB Control Program http://www.publichealth.lacounty.gov/tb/education.htm
Tuberculosis (TB)	 <p>This brochure focuses on Latent TB Infection. It explains that many people have TB in their bodies without knowing it. It discusses the risks of progression to active TB and the importance of medical supervision. It features a photo of a diverse group of people smiling. The title 'Latent TB Infection' is at the top.</p>	<ul style="list-style-type: none"> • Brochure • Latent TB • Latent TB infection: What You Need to Know to Stay Healthy 	English	Download from website: TB Control Program http://www.publichealth.lacounty.gov/tb/education.htm
Tuberculosis (TB)	 <p>This brochure is about Active TB Disease. It describes the symptoms of active TB, such as coughing, chest pain, and weight loss. It emphasizes the need for immediate medical treatment and adherence to the regimen. It includes a photo of a doctor examining a patient's chest. The title 'Active TB Disease' is at the top.</p>	<ul style="list-style-type: none"> • Brochure • TB (Active TB) • Active TB disease: Take Control of your Health 	English	Download from website: TB Control Program http://www.publichealth.lacounty.gov/tb/education.htm




Topic	Image	Details	Languages	How to Access Material
Vaginitis		<ul style="list-style-type: none"> • Info card 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov
Walking		<ul style="list-style-type: none"> • Flyer/handout • Walking for wellness 	English	Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm


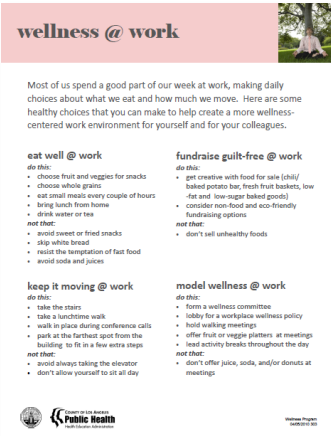
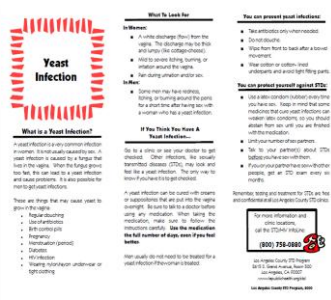
Topic	Image	Details	Languages	How to Access Material
Walking	 <p>A satellite map titled "1-Mile Walking Map" showing a route starting at 1000 S. Fremont Avenue in Alhambra, CA 91803. The map includes a list of directions: Exit the building and turn right at Chestnut St., Turn left at Oak Ave., Turn left at Orange St., Turn left at S. Fremont Ave., Turn left at W. Mission Rd., Turn left at Oak Ave., and Turn left at Chestnut St. It also provides distance and time information: Start to Point 1: 0.26 miles, Point 1 to Point 2: 0.21 miles, Point 2 to Point 3: 0.33 miles, Point 3 to Point 4: 0.23 miles, Point 4 to Finish: 0.22 miles, Total: 1.25 miles. Steps: Total: About 2,500 steps. Time: About 10 minutes at 4 mph, About 15 minutes at 3 mph, About 30 minutes at 2 mph. Weight and Calories Burned: 120 lbs: About 55 calories @ 3 mph, 100 lbs: About 100 calories @ 3 mph, 200 lbs: About 155 calories @ 3 mph, 240 lbs: About 155 calories @ 3 mph. A small inset map shows the route on a street map.</p>	<ul style="list-style-type: none"> Walking maps Available for major DPH worksites 	English	<p>Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm</p>
Weight Management	 <p>A flyer titled "Weight Management: Understanding BMI". It explains that BMI is a measure of body fat based on height and weight. It includes a BMI chart with three zones: Underweight, Normal, and Overweight. The chart shows BMI values from 15 to 30 on the y-axis and weight in pounds from 100 to 300 on the x-axis. A table on the right provides BMI ranges for different weight groups: Under 100 lbs: BMI within the "underweight" range; 100-150 lbs: BMI within the "normal" range; 150-200 lbs: BMI within the "overweight" range; Over 200 lbs: BMI within the "obese" range. The flyer also includes a disclaimer: "Underweight, normal, overweight, and obese are all terms for ranges of weight. Obese and overweight describe ranges of weight that are greater than what is considered healthy for a given height, while underweight describes a weight that is lower than what is considered healthy. If your BMI falls outside of the 'normal' range, you may want to talk to your health care provider about how you might achieve a healthier body weight. Obesity and overweight have been shown to increase the likelihood of certain diseases and other health problems."</p>	<ul style="list-style-type: none"> Flyer Understanding Body Mass Index 	English	<p>Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm</p>

Topic	Image	Details	Languages	How to Access Material
Weight Management		<ul style="list-style-type: none">FlyerUnderstanding Caloric Balance	English	<p>Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm</p>
Wellness		<ul style="list-style-type: none">Flyer/worksheetSetting & reaching wellness goals	English	<p>Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm</p>

Topic	Image	Details	Languages	How to Access Material
West Nile Virus		<ul style="list-style-type: none"> • Cling-on • Protect yourself from West Nile Virus 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm
West Nile Virus		<ul style="list-style-type: none"> • Palm Card 	Arabic Armenian Chinese English Farsi Khmer Korean Spanish Russian Tagalog Thai Vietnamese	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm

Topic	Image	Details	Languages	How to Access Material
West Nile Virus		<ul style="list-style-type: none"> Fact Sheet 	English Spanish	Download from website: Acute Communicable Disease Control Program http://publichealth.lacounty.gov/acd/VectorWestNileEd.htm
Whooping Cough (Pertussis)		<ul style="list-style-type: none"> Flyer Question and Answer Protect your Family from Whooping Cough 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/docs/PertussisFlyer.pdf

Topic	Image	Details	Languages	How to Access Material
Whooping Cough (Pertussis)		<ul style="list-style-type: none"> Flyer Targeting people who work in healthcare settings 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Whooping Cough (Pertussis)		<ul style="list-style-type: none"> Flyer Grandparents: protect yourself and your grandbaby from whooping cough 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491
Whooping Cough (Pertussis)		<ul style="list-style-type: none"> Flyer Parents: protect yourself and your children from whooping cough 	English	Contact program: Immunization Program Gary Fujimoto 213-351-7491

Topic	Image	Details	Languages	How to Access Material
Whooping Cough (Pertussis)		<ul style="list-style-type: none"> Flyer Get Vaccinated 	English Spanish	Download from website: Acute Communicable Disease Control Program http://www.publichealth.lacounty.gov/acd/docs/PertussisPriorityGroups.pdf
Worksite Wellness		<ul style="list-style-type: none"> Flyer/handout Wellness @ work 	English	Download from website: Health Education Administration- Wellness Program http://go.phd.ladhs.org/ph/Resources/Wellness/WellnessProgram.htm
Yeast Infections		<ul style="list-style-type: none"> Brochure 	English Spanish	Contact Program: Sexually Transmitted Disease Program Sally Villanueva savillanueva@ph.lacounty.gov